

BEGINNERS LESSONS

What you need to know:

- - No previous experience is required
- - Wear soft soled shoes (not soft rubber)
- - Bring a sense of humour
- - Prepare to enjoy it

Cost for your course of lessons is **\$5/night**.

Members and non-members are welcome to attend whether you have just completed our beginners' classes, or wish to refresh.

PARTNERS:

You DO NOT need to bring a partner

- Coming as a couple is the guaranteed way to have a partner to learn with so, if at all possible, try and convince someone to come along with you.
- If you are unable to bring a partner please come along, and we will share partners for the lessons with either other beginners or club members who are prepared to volunteer just for the lessons. Everyone changes partners around in a circle on a regular cycle. This is usually very successful.
- If we are short of partners, then you may have to share a bit and we will do our best to meet your learning needs.
- Even in the most successful clubs there is usually a shortage of guys! Must be our culture because I've seen it everywhere. So, **guys** come along, you will **almost never** lack for girls to dance with!
- Even if you miss the first night, don't let that stop you joining in, we'll help you catch up and enjoy it.

All our teachers and helpers give their time for free because they love to share the enjoyment of Rock 'n' Roll but we are a simple club with limited means.

Although we are quite social we are NOT a "social club".

- ♥ Some members come singly or in groups and enjoy dancing with other members in a similar situation.
- ♥ some come as a couple but still have the odd dance with other people.
- ♥ other couples come together and do not wish to dance with anyone else.

It's a personal decision which we all respect. Please do not take offence if you don't get asked to dance quite as often as you might like.

Beginners steps

- **Basic-**
Guys feet
Ladies feet
timing ->
- **Tap-Down,**
Left
Right
1---and
- **Tap-Down,**
Right
Left
2---and
- **Back-Front (Step).**
Left-Right
Right-Left
3----and.

❖ Right Turn - Left Turn	❖ Shoulder Slide
❖ Tummy Tickle	❖ Walk thru
❖ Spanish Arms	❖ She Turns-He Turns
❖ Bump	❖ Washing Machine
❖ Cuddle	❖ Finish - Lean